








LINKS TO FACT SHEETS, TOOLKITS, VIDEOS AND ONLINE TRAINING IN DISASTER MENTAL HEALTH

1. Centers for Disease Control Emergency Preparedness Disaster Mental Health

Coping With a Disaster

<http://www.bt.cdc.gov/masscasualties/copingpub.asp>

- [Coping with Traumatic Events](#)
Provides general information regarding common reactions to expect after disasters.
- [Video: Coping with a Traumatic Event](#)
- [Preventing Violence after a Natural Disaster](#)
- [Tips for Talking about Disasters](#)
Provides information that can be used by teachers, children, adults, families and response workers.
- [Maintain a Healthy State of Mind](#)
Developed in partnership with the American Red Cross this site provides information for parents and caregivers, middle school students, high school students, adults and seniors.
- [Helping Families Deal With the Stress of Relocation After a Disaster](#) 
Helping family members deal with relocation stress from ATSDR.
- [Helping Parents Prepare for a Disaster](#) 
- [Helping Parents Cope with a Disaster](#) 
- [After the Storm - Tips for Adult Healthy Relationships](#) 
[French](#) | [Haitian Creole](#) | [Spanish](#) | [Vietnamese](#)
- [After the Storm - Tips for Adults](#) 
[French](#) | [Haitian Creole](#) | [Spanish](#) | [Vietnamese](#)
- [After the Storm - Tips for Parents of Children](#) 
[French](#) | [Haitian Creole](#) | [Spanish](#) | [Vietnamese](#)
- [After the Storm - Tips for Parents of Youth](#) 
[French](#) | [Haitian Creole](#) | [Spanish](#) | [Vietnamese](#)
- [More resources for individuals and families](#)

Information for Specific Groups

- [Responders](#)
- [Health Professionals](#)

Disaster Mental Health Primer: Key Principles, Issues and Questions

<http://www.bt.cdc.gov/mentalhealth/primer.asp>

2. Substance Abuse and Mental Health Services Administration Emergency Mental Health

Tips for Talking About Traumatic Events

<http://mentalhealth.samhsa.gov/cmhs/TraumaticEvents/tips.asp>

Tips for Parents

- [Parent Guidelines for Talking with Young Children about War and Terrorism](#) urges parents to give children more attention and patience. Realize that changes in how they behave may be signs that young children are concerned and need extra time, conversation and love.
- [Talking with School-Age Children about War and Terrorism](#) suggests that before talking with children, parents take time to think about the issue themselves and consider what it means to their family.
- [Parent Guidelines for Talking with Teenagers about War and Terrorism](#) informs parents that teenagers may want to discuss issues more than once or may have different sets of questions for them at different times. Be open, available and positive in order to create an environment that supports communication among all members of the family.
- [Tips for Talking to Children in Trauma: Interventions at Home For Preschoolers to Adolescents \[PDF\]](#) suggests activities arranged by age group to help children share recovery feelings and experiences at home. Includes activities for preschoolers, elementary age children, and pre-adolescents and adolescents.
- [After a Disaster: What Teens Can Do \[PDF\]](#) provides information for teens to help understand some of their reactions as well as others, to terrorist events. Suggestions are also provided to help ease the unfamiliar feelings related to the event.
- [How Families Can Help Children Cope with Fear and Anxiety](#) explains how families can help children who are dealing with responses to traumatic events.
- [Helping Children Cope With Fear & Anxiety](#) provides a summary of ways to help children who are dealing with fear and anxiety.

Tips for Teachers

- [Tips for Supporting children during Times of War: A Guide for Teachers](#) suggests ways that teachers can support the mental health of their students during traumatic times.

- [Marking Disaster Anniversaries in the Classroom](#) suggests activities for teachers to use with students of different grade levels to commemorate disaster anniversaries.
- [Questions to Help Children Talk About a Disaster](#) provides examples of "open-ended" questions to encourage children to talk about their feelings and experiences following a disaster.
- [When Talking Doesn't Help: Other Ways to Help Children Express Their Feelings Following a Disaster](#) provides ideas for helping children express themselves in ways other than talking to help them through the recovery process following a disaster.
- [The Role of Culture in Helping Children Recover from a Disaster](#) offers words of advice and guidance for teachers helping children from diverse cultural and ethnic backgrounds through the recovery process following a disaster.
- [Tips for Talking to Children After a Disaster: A Guide for Parents and Teachers \[PDF\]](#) explains how preschool age, early childhood, and adolescent children may respond to terrorist events. The link is intended for parents and teachers to be informed, recognize problems, and respond appropriately to the needs of children.

Tips for Emergency and Disaster Response Workers

- [Mental Health Response to Mass Violence and Terrorism, A Field Guide \[HTML\]](#)
- [Tips for Managing and Preventing Stress: A Guide for Emergency and Disaster Response Workers \[PDF\]](#) provides suggestions for those who are at the scene. It outlines facts, indicators of stress, and stress management strategies.
- [Stress Prevention and Management Approaches for Rescue Workers in the Aftermath of Terrorist Acts](#) suggests techniques that can be used by both organizations and individuals to minimize the effects of stress on rescue workers.
- [Field Manual for Mental Health and Human Service Workers in Major Disasters](#) (Substance Abuse and Mental Health Services Administration)
- [Disaster Counseling](#) provides suggestions for disaster counselors on establishing rapport and active listening.

<http://mentalhealth.samhsa.gov/cmhs/EmergencyServices/after.asp>

Tips for Teachers
 For Children and Adolescents
 For Adults
 For Families
 For Emergency Responders
 In Spanish

SAMHSA Disaster Behavioral Health Information Series (DBHIS)

<http://mentalhealth.samhsa.gov/dtac/>

The SAMHSA DBHIS contains themed resource collections and toolkits that are pertinent to the disaster behavioral health field. All resources for which links are provided are in the public domain or have been authorized for noncommercial use. Hardcopies of some materials may be ordered by using the publication numbers cited in bibliographies. If utilized in program materials, stakeholders should acknowledge the source of the materials.

SAMHSA DBHIS Resource Collections

- [Children and Youth](#)
- [Deployed Military Personnel and Their Families](#)
- [Federal Resource Collection on Disaster Behavioral Health](#)
- [Immediate Disaster Response: Deepwater Horizon Oil Spill](#) (New!)
 - [Archive: Haiti](#)
- [Older Adults](#)
- [Pandemic Influenza](#)
- [Public Safety Workers](#)
- [Resilience and Stress Management](#)
- [Rural Populations](#)

http://mentalhealth.samhsa.gov/publications/Publications_browse.asp?ID=181&Topic=Disaster%2FTrauma

- [A Guide to Managing Stress in Crisis Response Professions \(SMA05-4113\)](#)
Booklet
Crisis response workers and managers—which include first responders, public health workers, construction workers, transportation workers, utilities workers, and volunteers—are unique in that they are repeatedly exposed to extraordinarily stressful events. This easy-to-use pocket guide focuses on general principles of stress management and offers simple, practical strategies that can be incorporated into the daily routine of managers and workers. It also provides a concise orientation to the signs and symptoms of stress.
- [After a Disaster: Self-Care Tips for Dealing With Stress \(KEN01-0097\)](#)
Fact Sheet
Covers things to remember when trying to understand disaster events, signs that adults need stress management assistance, and ways to ease stress.
- [After a Disaster: What Teens Can Do \(KEN01-0092\)](#)
Brochure
Provides information for teens to help understand some of their reactions as well as others, to the terrorist events. Suggestions are also provided to help ease the unfamiliar feelings related to the event.

- [Anniversary Reactions to a Traumatic Event: The Recovery Process Continues \(NMH02-0140\)](#)
Fact Sheet
Anniversary Reactions to a Traumatic Event: The Recovery Process Continues describes common anniversary reactions among victims of traumatic events and explains how these reactions can be a significant part of the recovery process.
- [Anxiety Disorders \(KEN98-0045\)](#)
Fact Sheet
Anxiety disorders range from feelings of uneasiness most of the time to immobilizing bouts of terror. This fact sheet briefly describes generalized anxiety disorder, panic disorder, phobias, and post-traumatic stress disorder. It is intended only as a starting point for gaining an understanding of anxiety disorders.
- [Center for Mental Health Services Division of Prevention Traumatic Stress and Special Programs Emergency Mental Health and Traumatic Stress Services Branch \(KEN95-0011\)](#)
Fact Sheet
This fact sheet explains the role of the Emergency Services and Disaster Relief Branch in helping to safeguard the mental health of people affected by disasters, especially those in high-risk groups. Discusses the relationship between the Branch and Federal, State, and local agencies. 1998.1 pp.
- [Communicating in a Crisis: Risk Communication Guidelines for Public Officials \(SMA02-3641\)](#)
Booklet
Communicating in a Crisis: Risk Communications Guidelines for Public Officials is a brief, readable primer that describes basic skills and techniques for clear, effective crisis communications and information dissemination, and provides some of the tools of the trade for media relations.
- [Cómo ayudar a los niños a enfrentar el miedo y la ansiedad \(KEN01-0099\)](#)
Fact Sheet
En situaciones en que las tragedias afectan a su familia de modo personal o llegan a su hogar por medio de la prensa o televisión, usted puede ayudar a los niños a controlar la ansiedad causada por situaciones de violencia, muerte o desastres.
- [Creating Trauma Services for Women With Co-occurring Disorders \(NMH03-0157\)](#)
Article
Many women with co-occurring mental health and substance abuse disorders and histories of trauma are parents who value their roles as mothers and bring skills to the task. Treatment for these women can be optimized by acknowledging their roles as parents and incorporating this reality into service design and delivery.
- [Crisis Counseling Assistance and Training Program \(CCP\) \(SMA09-4373\)](#)
Brochure
- [Developing Cultural Competence in Disaster Mental Health Programs \(SMA03-3828\)](#)
Booklet
Designed to supplement information already available through CMHS, SAMHSA, and other

sources, Developing Cultural Competence in Disaster Mental Health Programs highlights important common issues relating to cultural competence and to disaster mental health. Disaster mental health providers and workers can use and adapt the guidelines set forth in this document to meet the unique characteristics of individuals and communities affected directly or indirectly by a full range of natural and human-made disasters.

- [Disaster Counseling \(KEN01-0096\)](#)
Brochure
Disaster counseling involves both listening and guiding. Survivors typically benefit from both talking about their disaster experiences and being assisted with problem-solving and referral to resources. The following section provides "nuts-and-bolts" suggestions for workers.
- [Disaster Mental Health: Crisis Counseling Programs for the Rural Community \(SMA99-3378\)](#)
Booklet
The Emergency Services and Disaster Relief Branch (ESDRB) of the Center for Mental Health Services (CMHS) works in partnership with the Federal Emergency Management Agency in overseeing national efforts to provide emergency mental health services to survivors of Presidentially declared disasters.
- [Field Manual for Mental Health and Human Service Workers in Major Disasters \(ADM90-0537\)](#)
Booklet
For mental health workers and other human service providers who assist survivors following a disaster. This pocket reference provides the basics of disaster mental health, with numerous specific and practical suggestions for workers.
- [Helping Children Cope with Fear and Anxiety \(CA-BKMARKR02\)](#)
Bookmark
This bookmark lists ways that parents can help their children cope with fear and anxiety after a tragic event.
- [Helping Your Child With: Anxiety Disorders \(CA-0007\)](#)
Fact Sheet
This fact sheet defines anxiety disorders, identifies warning signs, discusses risk factors, describes types of help available, and suggests what parents or other caregivers can do. 1997. 3 pp.
- [How Families Can Help Children Cope With Fear and Anxiety \(CA-0022\)](#)
Article
This reproducible drop-in article provides tips for parents to keep the lines of communication with their children open and alerts parents and other caregivers to common signs of fear and anxiety. 2002. 1 p.
- [How to Deal with Grief \(KEN01-0104\)](#)
Brochure
This short brochure provides information on grief and how to deal with it.
- [Major Depression in Children and Adolescents \(CA-0011\)](#)
Fact Sheet
This fact sheet describes depression and its signs, identifies types of help available, and suggests what parents or other caregivers can do. 1997. 2 pp.

- [Mental Health All-Hazards Disaster Planning Guidance \(SMA03-3829\)](#)
Booklet
It is possible, with sound, integrated planning, to fill the new, complex roles of identifying disease outbreaks, integrating health and mental health response, and conducting epidemiological surveillance—all of which are necessary in the new age of bioterrorism threats.
- [Mental Health Aspects on Terrorism \(KEN01-0095\)](#)
Brochure
Describes typical reactions to terrorist events and provides suggestions for coping and helping others.
- [Mental Health Response to Mass Violence and Terrorism, A Field Guide \(SMA05-4025\)](#)
Booklet
- [Mood Disorders \(KEN98-0049\)](#)
Fact Sheet
This fact sheet provides basic information on the symptoms, formal diagnoses, and treatment for bipolar disorder (also known as manic depressive illness) and depression. 1998. 3 pp.
- [Older Adults \(KEN01-0094\)](#)
Brochure
Provides suggestions for older adults attempting to understand the recent terrorist events.
- [Psychosocial Issues for Children and Adolescents in Disasters \(ADM86-1070R\)](#)
Booklet
The materials discussed in this booklet will give crisis response workers essential information about the impact of disasters on individuals, how the trauma associated with such events impacts children, the unique world of children, and the diversity of family structures in which children reside.
- [Psychosocial Issues for Older Adults in Disasters \(SMA99-3323\)](#)
Booklet
This guide to caring for the elderly who survive disasters defines “elderly” and describes what makes older adults vulnerable to disasters. Covers the nature of disasters and human responses to them. Includes a list of resources and a glossary of terms. 1999. 68 pp.
- [Reaction of Children to a Disaster \(KEN01-0101\)](#)
Fact Sheet
This fact sheet, which is broken down by age, describes the ways in which children react to a disaster and what adults can do to help.
- [Recovering Your Mental Health: Dealing With the Effects of Trauma - A Self-Help Guide \(SMA-3717\)](#)
Booklet
This is one of seven mental health self-help booklets. It focuses on helping individuals cope with traumatic events and makes suggestions of how they can take charge of their own recovery. It also provides a list of additional resources.
- [Responding to the Needs of People With Serious and Persistent Mental Illness in Times of Major Disasters \(SMA96-3077\)](#)

Booklet

This manual addresses the need for specialized strategies to ensure that persons with serious mental illness who experience disasters receive services. Designed for State and local mental health administrators, planners, and care providers, it presents practical suggestions for disaster preparedness. Discusses the basic principles of disaster recovery programs and community support systems. 1996. 65 pp.

- [Self-Care Tips for Emergency & Disaster Response Workers \(KEN01-0098\)](#)
Fact Sheet
Provides suggestions for those who are at the scene. It outlines facts, indicators of stress, and stress management strategies.
- [Stress Prevention and Management Approaches For Rescue Workers in the Aftermath of Terrorist Acts \(KEN01-0112\)](#)
Fact Sheet
This fact sheet provides information for rescue workers on recovering from working at the site of terrorist acts. It also provides a hotline for more information.
- [Suicide Prevention: National Suicide Prevention Lifeline wallet card \(Spanish\) \(SVP05-0126SP\)](#)
Card
Señales de Suicidio
- [Suicide Prevention: National Suicide Prevention Lifeline Brochure: When It Seems Like There Is No Hope, There Is Help. \(SVP06-0141\)](#)
Brochure
- [Tips for Survivors of a Traumatic Event: What to Expect in Your Personal, Family, Work, and Financial Life \(NMH02-0139\)](#)
Fact Sheet
The Long-term Impact of a Traumatic Event: What to Expect in Your Personal, Family, Work, and Financial Life cites examples of personal uncertainties, family relationship changes, work disruptions, and financial worries that may contribute to the long-term impact of a traumatic event. Also includes tips on how to survive the road to recovery from a traumatic event.
- [Tips for Talking to Children After a Disaster: A Guide for Parents and Teachers \(KEN01-0091\)](#)
Fact Sheet
Offers tips to parents on how to talk to children about the terrorist events.
- [Tips for Talking to Children After a Disaster: A Guide for Parents and Teachers \(KEN01-0093\)](#)
Brochure
Explains how preschool age, early childhood, and adolescent children may respond to the terrorist events.
- [Tips for Talking to Children in Trauma: Interventions at Home for Preschoolers to Adolescents \(NMH02-0138\)](#)
Fact Sheet
Age-specific Interventions at Home for Children in Trauma: From Preschool to Adolescence suggests activities arranged by age group to help children share recovery feelings and experiences

at home. Includes activities for preschoolers, elementary age children, and pre-adolescents and adolescents.

- [Tips for Teachers in Time of Disaster: Taking Care of Yourselves and Each Other \(KEN01-0103\)](#)

Fact Sheet

Teachers directly deal with children's reactions to disaster. They may also be impacted by the disaster. It is extremely important to recognize for them to recognize that, like children, they are under particular stress and vulnerable to "burnout". This facts sheet provides helpful hints on how to stay mentally healthy.

- [Training Manual for Mental Health and Human Service Workers in Major Disasters \(SMA96-0538\)](#)

Pamphlet

This training manual explains how survivors respond to and recover from disasters and highlights the importance of tailoring disaster response to individual communities and populations. Intended for use by instructors, it describes effective interventions for responding to disasters and strategies for stress prevention and management among mental health and human service workers.

[SAMHSA Disaster Kit](#)

<http://mentalhealth.samhsa.gov/disasterrelief/default.aspx>

The SAMHSA Disaster Kit contains SAMHSA disaster behavioral health publications for professionals and the general public. Materials may be used to support immediate disaster behavioral health response efforts.

For Professionals:

Developing Cultural Competence in Disaster Mental Health Programs (SMA03-3828)
[Download PDF](#) (872K)

Field Manual for Mental Health and Human Service Workers in Major Disasters (ADM90-0537)
[View HTML Version](#)

Managing Stress During Disaster Events: A Guide for Emergency and Disaster Response Workers (NMH05-0211)
Psychological First Aid: A Guide for Emergency and Disaster Response Workers (NMH05-0210)
[Download PDF](#) (401K)

Psychosocial Issues for Children and Adolescents in Disasters (ADM86-1070R)
[View HTML Version](#)

Psychosocial Issues for Older Adults in Disasters (SMA99-3323)
[Download PDF](#) (245K)

Returning Home After a Disaster: A Guide for Emergency and Disaster Response Workers Brochure (NMH05-0219)

[Download PDF](#) (4.2 MB)

Returning Home After Disaster Relief Work: A Guide for Families of Emergency and Disaster Response Workers Brochure (NMH05-0220)

[Download PDF](#) (4.5 MB)

Returning Home After Disaster Relief Work: A Guide for Supervisors of Deployed Personnel Brochure (NMH05-0218)

[Download PDF](#) (3 MB)

Self-Care Tips for Emergency and Disaster Response Workers (KEN01-0098R)

[View HTML Version](#)

Tips for First Responders: Possible Alcohol and Substance Abuse Indicators (NMH05-0212)

[Download PDF](#) (186K)

For the General Public:

Tips for Survivors of a Traumatic Event: Managing Your Stress During a Disaster (NMH05-0209R)

[Download PDF](#) (282K)

Tips for Talking to Children and Youth After Traumatic Events: A Guide for Parents and Educators (KEN01-0093R)

[Download PDF](#) (454K)

3. National Child Traumatic Stress Network

Psychological First Aid

http://www.nctsnet.org/nccts/nav.do?pid=typ_nd

- [Psychological First Aid Field Operations Guide](#)

http://www.nctsnet.org/nctsn_assets/pdfs/pfa/2/PsyFirstAid.pdf

Psychological First Aid (PFA) is an evidence-informed approach for assisting survivors of disaster and terrorism.

The [Psychological First Aid](#) package (PDF) includes the Field Operations Guide, a brief Overview of the guide, Appendices, and nine handouts. Each handout is no more than two pages and may be printed on the front and back of a single sheet for ease of distribution.

A Spanish version, [Primeros Auxilios Psicológicos](#) (PDF)

Click here to download the [Psychological First Aid Field Operations Guide for Community Religious Professionals](#) (PDF)

Click here for [Psychological First Aid Field Medical Reserve Corps Field Operations Guide](#) (PDF).

- **Psychological First Aid Online** is a free 6-hour interactive course in the [Learning Center for Child and Adolescent Trauma](#) that puts the participant in the role of a provider in a post-disaster scene.

Handouts for Survivors

http://www.nctsnet.org/nctsn_assets/pdfs/pfa/2/PsyFirstAid.pdf

Connecting with Others: Seeking Social Support
Connecting with Others:: Giving Social Support
When Terrible Things Happen (for adults and adolescents)
Parent Tips for Helping Infants and Toddlers
Parent Tips for Helping Pre-School Age Children
Parent Tips for Helping School Age Children
Parent Tips for Helping Adolescents
Tips for Adults
Basic Relaxation Techniques
Alcohol and Drug Use after Disasters

4. National Center for PTSD Veterans Affairs

<http://www.ptsd.va.gov/professional/manuals/psych-first-aid.asp>

Psychological First Aid Field Operations Manual Manual

Also includes Client/Survivor Fact Sheets

Provider Care

http://www.ptsd.va.gov/professional/manuals/manual-pdf/pfa/PFA_Appx_CProviderCare.pdf

Training

<http://www.ptsd.va.gov/professional/manuals/psych-first-aid.asp>

- [SAMHSA Video Presentation about Psychological First Aid](#) by Dr. Patricia Watson, NCPTSD.
- Training in PFA: [Psychological First Aid Online.*](#) Login to learn about this intervention.
- Subscribe to PFA Channel and [View the PFA Online Videos.*](#)

5. Federal Emergency Management Administration

FEMA for Kids

Resources for Parents & Teachers

<http://www.fema.gov/kids/teacher.htm>

6. David Baldwin's Trauma pages: Disaster Mental Health

<http://www.trauma-pages.com/disaster>.

Adult Victims

[Victim Emotional Health](#)

Emotional health issues for victims, from the American Red Cross.

[Warning Signs](#)

Warning signs of trauma-related stress, from the American Psychological Association.

[Critical Incident](#)

Critical incident stress information sheet, from Los Angeles County Department of Mental Health.

[Normalizing Emotions](#)

You are not alone! description of normal emotions following a disaster, from the American Red Cross.

[Building Safety](#)

Reducing fear about building safety, by Dan Friedman, American Society of Home Inspectors.

[Coping Suggestions](#)

Coping suggestions, from Los Angeles County Department of Mental Health.

[Steps to Take](#)

After a disaster: Steps you can take, from Los Angeles County Department of Mental Health.

Families and Child Victims

[Family Coping](#)

Coping suggestions for families, from the Los Angeles County Department of Mental Health.

[Helping Children after a Disaster](#)

Child behaviors to watch and suggestions to help, by the American Academy of Child & Adolescent Psychiatry.

[Helping Children Cope](#)

Helping children cope with disaster, from FEMA and the American Red Cross.

[Children's Reactions](#)

Children's reactions to disaster; author unknown.

[Talking with Children about the Bombing](#)

Suggestions for parents or other adults about what to tell children about terrorist bombings, by Eitan Schwartz MD.

Disaster Workers and Their Families

[Worker's Emotional Health](#)

Emotional health issues for disaster workers, from the American Red Cross.

[Worker Family's Emotional Health](#)

Emotional health issues for families of disaster workers, from the American Red Cross.

Additional (External) Disaster Materials for Adults, Children, and Families

[NC-PTSD: Tsunami Disaster](#)

Fact sheets on understanding disaster trauma, grief & death, and related information from the National Center for PTSD on Tsunamis.

[Tsunami Mental Health Resources](#)

US CDC site collects mental health information for those directly impacted, relief workers, mental health professionals & the general public.

[Breaking Bad News by Telephone](#)

A guide and checklist (in PDF format) for breaking difficult news to victim next of kin via telephone, from the British Embassy in Thailand.

[Coping with Loss and Grief](#)

A brief PDF guide to comfort and guide people coping with the loss of loved ones and related grief, from the British Embassy in Thailand.

[Coping with a Natural Disaster](#)

PDF guide for people dealing with natural disaster: answers 5 common questions about responses to abnormal events; British Embassy in Thailand.

[Tsunami Psychological Help](#)

Dr Martin Winkler's comments regarding providing psychological help to victims of the recent Tsunami disaster, with links to other resources.

[Psychosocial issues re: Tsunami Help](#)

Collected comments for disaster workers offering help to various tsunami victim groups: women, separated children, media, in refugee camps, etc.

[Disaster Psychiatry: How to Cope](#)

A collection of disaster mental health resources presented by the American Psychiatry Association, with links to other resources.

[Coping with Disasters](#)

MedlinePlus: a list of news releases, divided into categories -- latest news; overviews; children, teenagers, seniors, etc.

[APA: What to Expect After Trauma](#)

Expectable reactions to trauma or disaster in children and adults, ways to cope, and guidelines for parents and teachers.

[Resources on Coping with Traumatic Events](#)

A list of links to resources related to coping with various traumatic events, including disasters, collected by the APA.

[Helping Survivors in the Wake of Disaster](#)

National PTSD Center handout summarizes how to help victims at the disaster site or in shelters.

[Hurricane-Related Distress](#)

Brief, practical, suggestions concerning how to handle the stress and anxiety of multiple hurricanes, by Charles Figley PhD.

[EMDR: Butterfly Hug](#)

Description of the Butterfly Hug, an easy-to-use EMDR-related intervention that may be helpful for calming disaster victims.

[FEMA for Kids](#)

FEMA site for children, includes sections for learning, preparing and connecting with others.

[Disaster Help for Parents and Children](#)

The Child Advocate site's collection of links re: disaster and trauma intervention; a starting point for helping children.

[Helping Children & Adolescents After a Disaster](#)

Several handouts and statements by the AACAP on understanding and helping kids after disasters.

[KEN Publications Catalog](#)

Disaster Relief, Crisis Counseling, and other publications (and videos) available from KEN.

[Understanding & Coping with Traumatic Stress](#)

Headington Institute's modular self-study guide covers stress & humanitarian work, PTSD, and includes a self-test.

[After a Disaster: A Series of Publications](#)

Virginia Cooperative Extension presents several articles, focused on safety, food & water, stress, insurance, cleaning and roof repairs.

[DisasterSurvivorSupport](#)

A survivor-helping-survivor message site, not a professional mental health services site.

[Emotional First Aid](#)

Peter Levine's synopsis of do's & don'ts, psychological & physiological responses, and helpful responses -- useful after disaster.